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34D
to Room 310

Cooperative Extension Work in Agriculture and Home Economics

United States Department of Agriculture and State
Agricultural Colleges Cooperating

STATUS AND RESULTS OF HOME DEMONSTRATION WORK

NORTHERN AND WESTERN STATES

1920

FLORENCE E. WARD

In Charge Extension Work With Women



UNITED STATES DEPARTMENT OF AGRICULTURE
DEPARTMENT CIRCULAR 178

“I SHOULD have left farm and country life and gone with thousands of other women to the city, if I could have done so. But now home demonstration work has changed things. I am so absorbed and fascinated by what the home bureau has taught me that I would not leave the country for all the allurements of the city. We all have visions. Mine are now the same as yours: That we may yet see rural communities so cultivated that they will all be changed from weedy and deserted spots into real little Gardens of Eden, where peace, harmony, and good-fellowship abound, and where we may live life more abundantly.”—Letter from a farm woman to a home demonstration agent in New York State.

“If we are to build up agriculture, we must give our first thought to our farm life and our farm home. I shall not be satisfied until every farm home is as attractive as any other home in the country. * * * Let us not forget the home demonstration agent if we are to have farm homes which will make our national life what it must be if we are to continue on a sound basis. Let us support and extend the work of those splendid women who are leading home demonstration work throughout the country. Since women are now equal in citizenship with us, let us put the county farm bureau on the same basis and admit women to full membership.”—From address by President Howard at the annual convention of the American Farm Bureau Federation, 1920.

“Do not forget that rural conditions must be made as pleasant as city conditions, and that the profits of agriculture must be as large, upon the investment, as are returnable from city investments if we are to build that ideal country life—happy and contented, conservative in its thinking, always patriotic; the ultimate bulwark of republican institutions in this country.”—From address of ex-Congressman Lever at the annual convention of the American Farm Bureau Federation, 1920.

Contribution from the States Relations Service

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HOME DEMONSTRATION WORK IN THE THIRTY-THREE NORTHERN AND WESTERN STATES, 1920.

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INTRODUCTION.

DOMINANT throughout last year's record of home demonstration work is a note of encouragement and confidence in the future. This note has been struck by the local people in 4,130 communities, organized in 295 counties in the Northern and Western States, who whole-heartedly supported the home demonstration agents in these counties in their efforts to further the development of rural homes. A summary of the record of achievement points clearly to a general awakening throughout the country to the advantages and opportunities which the work affords rural people; also to an increase in their willingness to participate in activities the purpose of which is to develop and safeguard the interest of the home, make the rural community more conducive to health and contentment, and surround the people with larger possibilities for real living.

Following the story of progress from State to State, the final judgment is that the people are beginning to have a greater appreciation of their responsibilities with regard to the problems of better living. Such questions as the relationship of food and its use to human efficiency, the relationship of clothing to health and economy, the matter of household conditions and conveniences, and home surroundings as essential factors in maintaining and improving the standard of living appear to be more clearly in the minds of the people than at any time in the history of extension work.

HELP FROM LOCAL WOMEN.

All this has ample proof in the greater number of rural women who are acting as local leaders of demonstrations, and of women who are standing back of the home demonstration agents in the counties, lending their support, encouragement, and personal interest to the work. With few exceptions, the States report having project leaders who are actively concerned in carrying on the activities included in the community program of work. Washington, Oregon, California, Massachusetts, Illinois, and several others have made long strides in the training of local women, the more general use of whom in extending and developing work in the counties is being found vital.

Local leaders in Colorado, Washington, Minnesota, Illinois, and other States have developed independence and confidence in their ability to promote certain lines of home demonstration work in unorganized counties to an extent which is not only commendable but will in all probability result in securing additional home demonstration agents in those States. All that has been accomplished by these women in furthering home demonstration work throughout the country can not be fully shown, as there is yet to be developed among extension workers a thoroughly satisfactory method of reporting results of demonstrations. The restricting effect of this need is appreciated by them and a more efficient system of obtaining information is being worked out.

Working through an organization composed of the people of the community is undoubtedly much better understood at the present time than it was a year ago. There has been definite improvement in the majority of the States in making a program of work which applies especially to the immediate needs of the community. There has also been advancement in the methods employed by the agents in developing the various lines of work, and unmistakable signs that the local people are awakening to a fuller consciousness of the needs of their community and are basing their programs of work upon these needs.

RELATION TO THE COUNTY EXTENSION ORGANIZATION.

In practically every State the membership of women in the county extension organization has increased, in several States as much as 50 per cent. The total number recorded from the State reports is 83,936, the largest number, 23,722, being from Iowa. There are numerous indications that rural women have begun clearly to realize: (1) That they have an important and definite share in the organization; (2) that one function of home demonstration work is to organize local people to work out their problems of every-day living, and to supplement their efforts with additional information from all

available sources: (3) that local leadership should be developed within the community in order that more people may have the benefit of all information disseminated through the local extension organization; (4) and that records are necessary and valuable for the community as well as for the home demonstration agent.

Practically every State in the North and West has county organizations through which extension activities are carried on. Fundamental changes were made in the plan of organization in many States in order to admit the women of the community on an equal basis and give to them all the rights and privileges of membership as well as a share in the responsibilities assumed by the organization and the work it proposed to do. In some States legislation has been specially modified to include home demonstration work.

The program of work adopted has been made broader in its scope to include such human problems as the health and comfort of the family, the care of children, the convenience of the farm home, the rural school, and the rural community. Membership and county support increased last year, indicating that each State is meeting the needs of the people.

Whatever plan of county or community organization was adopted practically every State put into operation one or more of the following important principles:

- (1) A community program of work planned by the people to meet their particular needs and interests, with definite goals to mark achievement. Project leaders chosen on the basis of interest, knowledge, available time, ability to develop a certain line of work through the efforts of men, women, and children.
- (2) Local leaders who assume responsibility in carrying out a program of work in the community.
- (3) Definite plans for follow-up work to obtain and record results of home and farm demonstrations.
- (4) Community goals with the number of communities interested used as a basis for drawing up county programs of work and the selection of county leaders for the principal lines of work.
- (5) The clear-cut aim of carrying on all lines of extension work through organized groups.
- (6) Community programs of work outlined by small groups of farm people before action is taken by the whole community.

RELATION TO THE FARM BUREAU FEDERATION.

The widespread interest in the State and National farm bureau movement extended its influence last year to include activities of the rural home. At the annual meeting of the American Farm Bureau Federation a resolution was passed in favor of admitting women to membership and inviting them to present the problems of the farm home to the organization for consideration, with a view

of having them included in the general program of work. The resolution is as follows:

The permanency and dignity of agriculture, as well as the stability and happiness of country life, is in a large measure dependent upon the quality and inherent strength of the farm home. The influence of this organization, which is a potent factor in our national life, will be materially extended and reflect itself over rural America in a more significant manner by the admission of women to membership, and they are invited into full participation in the task of advancing the cause of American agriculture. We welcome to our councils the farm women of our Nation and pledge our full cooperation in such programs for the advancement of our common purpose as shall be within the scope of this organization's activities in its endeavors to promote the welfare of country life.

Recognition of the importance of the home by this organization, which is strongly supporting extension work, is a factor of significance in home demonstration extension.

WORKERS AND FINANCES.

In December, 1919, 288 home demonstration workers were employed in the 33 Northern and Western States; at the close of December, 1920, all but two of the States had a leader of home demonstration work located at the State agricultural college; and assistant State leaders were employed in 20 States, either giving all their time to organization and supervision or dividing their efforts between matters of organization and specialists' duties. Altogether there were at the close of 1920 a total of 280 home demonstration workers, including 11 employed in the cities.

The total funds appropriated from all sources for this work for the fiscal year 1920-21 are approximately: Federal sources, \$398,092; State sources, \$366,697; from sources within the counties, \$408,012; total, \$1,172,801, an increase of 23 per cent over the total funds appropriated the previous year, the difference being largely in the amount of county and State funds paid for increase in salaries of workers and local expenses incurred in the performance of official duties. The salary increase averaged 15 per cent, and local expenses were in many cases increased to include an automobile and its maintenance for the workers, as well as better office equipment and service.

PRINCIPAL LINES OF WORK.

Home making is a vocation, nation-wide in scope, the fundamental principles of which are unaffected by climatic and geographic conditions. The problems may vary in different parts of the country because of social or economic conditions, but there is sufficient uniformity on which to build a national program of work for the development of the rural home. The problems of food, clothing,

care of children, the comfort of the home, and the general business of housekeeping confront every home maker and every group of housekeepers in all parts of the country. The main question has been what phase of the problem is most pressing in certain sections. All States in the North and West from which field records have been received report work in 1920 in some phase of clothing, nutrition, and home management. Food preservation was a project in every State but one, health in all but two, and food production by women, especially poultry improvement, was carried on in practically all the Western and Middle Western States.

CLOTHING.

Work in clothing was carried on in 30 States, in most of them as a major project. In many counties some phase of this activity has been adopted in every organized community. The call for guidance has been so compelling that clothing specialists have been added to the State extension staffs in a number of States, and there are now 24 employed in 20 States, New York using 3, Iowa 2, and Idaho 2. In addition, general home economics workers and leaders and assistant leaders of home demonstration agents in States not employing clothing specialties have given a large share of time to guiding clothing work.

The farm home survey of 1919, which covered the activities of housewives in 10,000 farm homes, showed that the rural woman did much of the family sewing, usually making part or all of her own and the children's simpler garments, and frequently garments for the man as well. Recent high prices of fabrics and of ready-made garments increased the amount of home sewing all over the country. Thus the rural home maker has welcomed the assistance of the trained home demonstration agent and the guidance of the expert clothing specialist as she has welcomed few other lines of work. There has been available, too, an amount of skill, experience, and enthusiasm on the part of many of the local women that needed only discovering and directing to develop into the finest type of leadership.

One of the outstanding characteristics of the work in 1920 was the gradual transition from what might be termed the personal-service type of work for large groups of women with individual problems to training groups in fundamentals who in turn train smaller groups especially selected for technical skill and initiative as local leaders.

Reports indicate that the home maker's present-day clothing problems fall under the following general heads, which to some extent overlap each other: Selection of fabric and of ready-made garments to secure economy, suitability, healthfulness, and general becomingness of line and color; garment construction, implying a

need for adequate equipment kept in good order, a grasp of fundamental construction principles, and a mastery of time-saving methods; the care and repair of the finished garments; and not seldom, the remodeling of partially worn or discarded clothing. Hat selection and construction are also a part of this problem of clothing the family suitably and well. Broadly speaking, the clothing work has been conducted along these general lines the past year. Economic conditions have to a considerable degree determined the phases emphasized in various sections of the country. In prosperous sections there has been a larger emphasis on the selection of garments



FIG. 1.—Thousands of paper dress forms were made last year by local women and have already solved a large part of the clothing problems in the rural home. This activity was carried on in every State in the North and West in 1920.

and materials and study of the clothing budget, since with money to spend for ready-made garments the problem has been to secure a balance between expenditures for clothing and other items, and to get the greatest returns on the investment in real satisfaction. Where the economic pressure is great, and in newly settled regions, the problem has been to develop skill in renovation and clothing construction to reduce expenditure. Over the whole territory the fundamental idea underlying the work has been economy—economy of time, of effort, of money, and of material.

The construction of dress forms as an aid to fitting has been stressed in many States. At first the stuffed or padded type pre-

dominated. However, during the last six months the gummed-paper form, molded on the living model over a tight-fitting undervest, has now been adopted in a majority of the States. This type of dress form had its initial vogue in New Hampshire. Its advantages over the stuffed or padded type are its small cost, the speed with which it can be made, and the exactness with which it reproduces the figure of the model. A further advantage is the fact that since the technique is simple it can be utilized as a means of developing local leadership.

Foundation patterns fitted to individual measurement have been featured in a number of States, chief among them Massachusetts, New Jersey, Missouri, Kansas, and Utah, and have very generally been taught as a means of saving valuable time; also in connection with training in the adaptation of commercial patterns, short cuts in sewing, and a mastery of the machine and its attachments. Home hat making has been taught in a number of States and women have been amazed and delighted at the ease with which they could master the fundamental processes and stitches necessary to make over a hat or to construct one of new or renovated material in any one of a half dozen simple types. Local leaders have been successfully used in the hat-making project, and the effect on the women has been electrifying. One clothing specialist described what had taken place as "a wholesale rejuvenation," and in the same State a home demonstration agent reported with pride that the merchants in her county seat declared they could pick out the country women by their suitable and becoming hats.

In the State of Washington a number of counties, not satisfied with the time that agent and specialist could give them for the clothing project, have organized clothing associations to employ professional dressmakers and milliners to work for limited periods with groups of women, directing them in the making of individual hats and garments and initiating them still further into the methods of the professional. In Kansas a clothing school conducted by the specialist may be followed, if the women choose to finance it, by a five-day visit from a professional dressmaker, recommended by the college, during which the principles taught by the specialist are applied in such problems as the making of winter suits and summer silks. Massachusetts has a five-day extension course in the fundamentals based largely on motion study and standardized construction operations, and this course, taught only to small groups of local leaders, has been passed on by them, after a manner devised by the specialist, to four or five times the original number. Massachusetts has also done special work in the hygiene of corseting, and a number of States have emphasized properly constructed footwear.

Iowa and Nebraska have featured clothing selection for girls of high-school age as a means of combating existing tendencies toward extravagant expenditures and extreme styles of dressing. New York has developed a number of community sewing rooms, some serving simply for group work where equipment and good light are available, and some in charge of a paid dressmaker for a certain number of days a week, where women may go for trained assistance. Much work has been done with foreign-speaking women to show them how to dress themselves and their children "American fashion." This work has often opened up the way for help along the lines of child care and feeding, personal hygiene, and sanitation.

Some of the results of the clothing work are measurable in terms of garments and hats made of new and old material, patterns drafted, dress forms and foundation patterns made, garments and materials dry cleaned or otherwise renovated, and the money saving resulting from these achievements. The table below, which reports a part of the clothing work done during the year, shows how quickly this project mounts up into dollars and cents. But the richest fruit of the work is the sense of confidence and power that women have acquired over problems that had eluded and baffled them; the joy of working efficiently; the satisfaction that comes from being well and simply dressed; the consciousness of investing time and money to good advantage; in addition the drawing closer of neighborhood and community ties through a new and progressive kind of sewing bee and the passing on of helpful information from one neighbor to another.

Results of clothing work.

Section of country.	Garments made.		Garments remodeled.		Total garments.	Total saving.
	Number.	Saving.	Number.	Saving.		
Eastern.....	10,540	\$31,244.50	8,748	\$66,365.00	19,288	\$97,609.50
Central.....	11,774	32,426.50	5,599	17,717.00	17,373	50,143.50
Western.....	7,222	29,128.94	5,608	26,907.30	12,830	56,036.24
Total.....	29,536	92,799.94	19,955	110,989.30	49,491	203,789.24

HEALTH.

Various phases of health work have been carried on in every State. Those of major importance have been instruction in home nursing, adopted by 435 communities; sanitation, adopted by 312 communities; and various phases of child care, adopted by 568 communities. In the last-mentioned phase, the health project interlocks closely with the nutrition project, some counties reporting child clinics and child care and feeding, under health and some under nutrition.

Agents have worked closely with State boards of health, county, school, and health nurses and doctors, school boards, sanitary in-

spectors, and health officers, and in many instances with the Red Cross. They have reported helping crystallize the sentiment in their counties to the point of employing 76 county or community Red Cross nurses, and have helped these and other nurses make contacts with leading women in the field. In many States they have co-operated with the Red Cross in organizing home nursing classes, not infrequently teaching the three lessons devoted to invalid diet. While the agents have seldom given instruction in nursing and public health where local nurses, doctors, or health officers were available, they have in most States organized courses which drew upon the medical and nursing talent of the county.

Three States, Illinois, Nebraska, and Ohio, employed graduate nurses as health extension specialists during the whole of the year 1920. Three others, Missouri, Kansas, and Utah, had health specialists for part of the year. In these States especial emphasis has been laid on health habits, prenatal care of mothers, and infant care. In Illinois, one county adopted a project on "cure of colds and constipation." The reports show that 12,021 persons have adopted improved health habits in home demonstration counties, while 6,142 families improved child care and feeding under the health project, affecting a total of 13,695 children. This is in addition to the results reported under the nutrition project. There were 417 women definitely enrolled for work in prenatal care. Fairs and exhibits have featured the weighing and measuring of children and child feeding.

Improvement in the sanitary conditions of the farm home and premises has resulted from clean-up and fly campaigns and general work in sanitation. The installation of 245 septic tanks is reported, while numberless outdoor toilets have been improved. In addition, 362 homes have installed plumbing, 3,007 sinks have been put in, and 16,417 homes, which had not previously had this protection, are reported screened. One county in Indiana conducted a rat and mouse campaign, in which thousands of these pests were exterminated.

In some localities influenza work was done through the home demonstration agent's office. The women in one Kansas county took preliminary training under the agent, then enrolled themselves for service during the expected epidemic. This amateur nursing service was drawn upon when the epidemic arrived.

Massachusetts has done outstanding work in dental hygiene. In this State the farm bureaus work closely with the State board of health and State and local health associations. One county reports the establishment of one permanent and one traveling dental clinic, in which 650 children were treated. Health days, health weeks, and health exhibits have been features of the work.

Reports for 1920 indicate that the rural people are awakening to the need for concerted work along the line of personal and com-

munity health, and that the county extension organization has been one of the main factors in securing the adoption of health practices and promoting the health point of view.

NUTRITION.

Reports for 1920 show a gradually but steadily increasing interest in food selection for the family but an even greater interest in child feeding. While little help in food preparation has been desired, 1,717 communities have carried on work in food selection, 1,899 have promoted the serving of a hot dish at noon in one or more of



FIG. 2.—What is his weight and height? If the scales show that the children are underweight, the mothers will add more milk and fresh vegetables to their diet, and the boys and girls will learn to like the foods that will make them grow large and strong. One phase of the nutrition work directed by the home demonstration workers.

the local schools, 603 have taken up work in child feeding proper, and 380 have carried on milk feeding demonstrations.

The interest in child feeding has been due largely to the startling statistics that have been accumulating during the past few years indicating the amount of malnutrition among American children of school and preschool age. Parents as well as school and health authorities have been stimulated to study the condition of children in their own neighborhoods, usually with the result that 30 to 60 per cent were discovered to be 7 per cent or more underweight for their height. This condition apparently bore no relation to the prosperity of the community or the financial or social status of the family. For example, figures quoted at random from the reports of

home demonstration agents and nutrition specialists show that of 1,120 children examined in Bay County, Mich., 589 were between 5 and 10 pounds underweight for height, and 257 were 10 or more pounds underweight. A complete survey of the rural schools of Kalamazoo County, Mich., made by the State board of health, showed one out of every three children underweight; 501 children examined in Utah in connection with work done by the State nutrition specialist showed that 64 per cent were underweight.

The problem of determining the condition of the children in the neighborhood and of bringing those who were underweight up to the normal height-weight standard was a very concrete and practical piece of work undertaken last year in many farm bureau communities under the guidance of the home demonstration agent and the State nutrition specialist with the cooperation of local and State health authorities. It was not a long step from definite work in child feeding to selecting properly balanced meals for the rest of the family, while securing a nutrition clinic, carrying on a home demonstration in child feeding, installing equipment for a school lunch, or putting on a milk campaign was in many communities a natural outcome of a serious study of food for the family.

A major drawback to the study of food selection has been the lack of a simple rule that, if followed day in and day out, would provide the foodstuffs the body needed and prevent any one of them from being used to excess. In the nature of the problem such a rule-of-thumb prescription was very difficult to work out. However, the nutrition specialist for Illinois devised a "foods calendar," an instructional blank by means of which home makers can determine whether they are serving well-selected food and what changes, if any, should be made. Schools for local leaders were held by the specialist and agents to give instruction in using the calendar, and these leaders returned to interest the women of their communities. During 1920, 6,000 Illinois women used the food calendar, about 80 per cent of them making changes in food selection as a consequence and reporting beneficial results. Most of the changes took the form of an increased use of vegetables, fruits, and milk and a decreased use of meat.

The idea behind the Illinois "foods calendar" was adopted for use in slightly changed form in a number of States. Others conducted a series of lessons in food selection. On the whole, work in food selection in 1920 was more concrete and practical than ever before, with less of propaganda on the part of the agent and more of home demonstration on the part of the local woman. As a result of this work 15,784 families were reported as making changes in food habits, and this number is probably far below the actual number influenced and helped.

There are many State, national, and local agencies working together for child welfare, and the results can seldom be credited to any single agency. The unique contribution of the home demonstration agent is due to her position in the county extension organization, her training in nutrition, especially child feeding, and her experience in carrying on follow-up work. The preliminary weighing and measuring of the children and their physical examination to reveal the presence of adenoids, diseased tonsils, decayed teeth, or other defects that prevent the child from gaining on an improved diet have usually been carried out by State or local doctors and nurses, although in some remote localities these have not been available, and the agent or specialist with local women or with the school-teacher has done the weighing and measuring. Agent and specialists have given advice on food selection to mothers at these so-called "clinics," and the agent has had the hearty cooperation of county and school nurses and doctors and usually of the local Red Cross chapter, which has often contributed scales to be set up in the schoolhouse so that progress from week to week might be determined. In Minnesota the nutrition specialist and several home demonstration agents cooperated with the State public health association and State society of pediatricists in conducting a series of child clinics. In Missouri specialists and home demonstration agents cooperated with the State board of health and representatives of the United States Public Health Service, in holding nutrition clinics for school children and reaching children and parents later through talks on diet and care.

Observations reported by home demonstration agents and nutrition specialists indicate that irregular habits, late and hurried breakfasts, cold, unpalatable, and poorly selected school lunches, often only partially eaten, delayed chores, late hours, lack of sufficient rest periods, and the common use of tea and coffee by young children are contributing causes to this prevalent condition of malnutrition. Surveys taken in connection with the school lunch and nutrition classes showed that there is a decided lack of balance in the average country child's diet, with too little milk, fruit, green vegetables, and cereals, while there is usually an overabundance of meat, potatoes, bread, sweets, pastry, and fried food.

The means that have been used to bring about better child feeding have been: Installing the hot dish for the school lunch, increasing the use of milk in the diet by persuading the children to carry milk to school or having it delivered there for them to buy, individual demonstrations in child feeding carried on by mothers in their own homes, and nutrition classes for parents and children.

Reports show that in 29 States the agents have been instrumental in introducing the hot lunch into 2,930 schools attended by 71,688 children. The greatest activity along this line has been shown in

New York, Illinois, Iowa, Minnesota, Montana, and Wyoming. The following incident reported from Weber County, Utah, shows what well-informed public opinion can accomplish. In this county farm bureau women conducted a country-wide survey of school lunch conditions and discovered that children often reached school with frozen lunches, or that the lunches froze during the morning session; that children did not take time to eat their lunches at noon; and that many came to school with little or no breakfast. These women presented to the school board their conclusion that the children were not sufficiently nourished to do efficient school work. On petition of six districts the board provided the equipment for serving the hot dish in these six schools and with the advice and assistance of the agent the lunches were installed. Eight other rural schools in this county arranged to serve the hot lunch during the winter of 1920-21.

With the school lunch the object has been to secure the widest possible adoption of the hot dish, and also to conduct in certain key groups a demonstration fully supported by records to show the effect of the lunch in bringing the children nearer the accepted height-weight standard, in improving school attendance, and through improved health making possible a better grade of school work. The ultimate object of school-lunch demonstrations, however, is to build up in the minds of taxpayers and school and health authorities a conviction that the hot dish at noon is essential to the welfare and development of the child and to secure its preparation and serving as a part of the regular school régime. In some instances this aim has already been partially accomplished. Certain school boards have definitely raised the salary level for teachers who will serve the hot lunch successfully. In 79 counties in Illinois the serving of the school lunch counts for a certain number of points toward a higher teaching certificate, and consolidated schools in towns and cities are rapidly installing lunch rooms and putting in teachers of home economics whose duties include supervising the preparation of the hot lunch.

Another variation in several States was the nutrition group, which gathered together underweight children with their mothers to study present conditions of care and feeding and make the needed improvements, using as a text the weight charts of the children showing their gain or loss from week to week. In Utah, Idaho, Minnesota, and New Jersey this was an outstanding phase of the nutrition project, and Oregon, Missouri, Kansas, Iowa, Massachusetts, New York, and other States reported promising beginnings. Though the first group was frequently held in the town or city which was the agent's headquarters because of the greater availability of nurses and doctors, the work was later extended into the rural districts, where the need was found equally great. In Utah, where health education is

provided for by law, beginning with prenatal care and continuing till the child leaves school, the extension service has been definitely assigned the nutrition education of the preschool child and its parents, and under its nutrition specialist developed a nutrition extension study group for six sessions, covering a period of 6 weeks, followed by observation by the home demonstration agent for a further period of 20 weeks. These meetings serve also as training classes for local leaders from one or two near-by communities.

Of 182 preschool children handled in nutrition classes in Utah by the specialist and various home demonstration agents, 171 were underweight, ranging from 3 to 27 per cent. During the six weeks of the class work 157 of these children gained in weight, these gains ranging from 32 per cent to 1,119 per cent of the expected gains for normal children of the same height.

As with the school lunches, the immediate object of the nutrition classes is to help individual families, but the ultimate object is to train a body of parents who recognize symptoms of malnutrition and who through their practical experience in overcoming this condition will serve as a nucleus of public opinion in favor of up-to-date methods of child feeding and care.

A number of States, among them Illinois, Missouri, Kansas, Massachusetts, Oregon, Iowa, and New York, reported individual home demonstrations in the care and feeding of one or more children. After a preliminary consultation with specialist and agent, the mother followed the directions furnished by the college through the agent, continuing for a specified period, with frequent consultations or reports to the agent. Missouri specialized on a baby-feeding project covering the period from weaning to the end of the second year, and reported 119 home demonstrations established and 45 mothers following directions as a result of the influence of these demonstrations. One of these mothers wrote: "The plan prescribed is wonderful, and to it I attribute the fact that my 21 months' old daughter has had none of the difficulties encountered by many children in their first and second years. I am doing all I can to influence other mothers, and several of my young mother friends are taking up the plan." In this community two home demonstrators induced 18 other mothers to feed their babies according to the "plan." A total of 4,679 families are known to have followed the suggestions of home demonstration agents in feeding and caring for their children. What this may mean in individual cases is shown by the pictures on page 17. One Kansas home demonstration agent reported that an otherwise normal child of 11 months weighing 9 pounds, having gained only 2 pounds since birth, gained 4 pounds in one month by following the simple directions she gave the mother.

The use of milk and milk products has been increased by county and city campaigns carried out by agents and specialists in strategic cities in Indiana, Iowa, Kansas, Minnesota, Missouri, New Mexico, North Dakota, South Dakota, Washington, Massachusetts, New York, and Pennsylvania. Michigan, Kansas, and some other States have also carried on county milk campaigns. This work was usually done

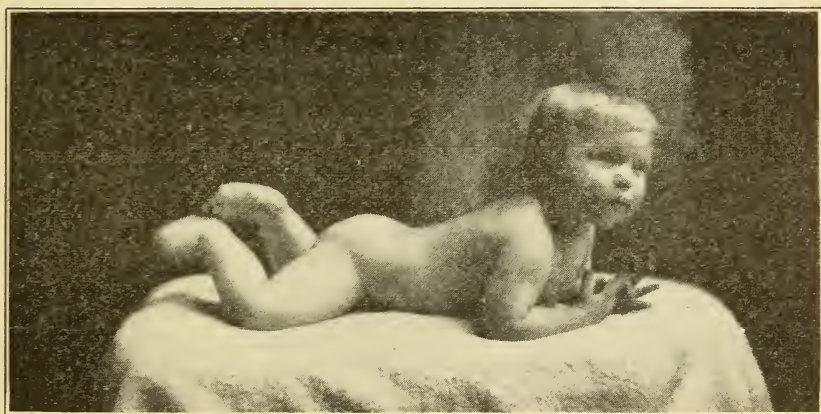


FIG. 3.—Two pictures of the same baby taken at the age of 6½ and 14 months. During this time the baby gained almost 14 pounds as a result of changes in her diet suggested by the home demonstration agent and carried out by her mother. This is one phase of home demonstration work which proves its value not only in making children healthy and happy but in maintaining the standard of American citizenship.

in cooperation with the extension specialists of the Bureau of Animal Industry of the Department of Agriculture. The “carry milk to school” campaign; demonstrations in milk feeding, in which the usual unit is a class of school children and one-half pint of milk is taken twice a day; milk talks to school children and parents; milk essay and milk poster contests have been features of these campaigns.

Increases in the use of milk have been reported up to 25 per cent of the consumption of previous years.

It does not seem too much to hope that with this favorable start the feeding of rural children will soon come to engage the same amount of attention as feeding of other young stock on the farm.

Results of nutrition work.

Section of country.	Number of schools serving hot lunch.	Number of children reached	Number of children bringing milk to school.	Number of children showing improvement in health.	Number of families interested in child feeding.	Number of families investigating child care and feeding.	Number of children improved.
Eastern.....	1,055	23,582	7,971	2,969	1,023	2,207	4,079
Central.....	1,447	30,691	4,349	3,643	3,196	3,302	8,433
Western.....	428	16,415	3,502	2,247	460	633	1,183
Total.....	2,930	70,688	15,822	8,859	4,679	6,142	13,695

HOME MANAGEMENT.

Some phase of home management has been included in the programs of work adopted by 152 counties in 30 States. Household equipment has been one of the leading activities. In several of the States, because of economic conditions, efforts in this line have been largely directed to the making of small household appliances and the study of home accounts. Running water in the farm house has been an important consideration in all the Western States, and has been an outstanding activity in sections of the Middle and Eastern States. Reports from agents in the field state that 521 families installed water systems in their homes last year as a result of the home demonstration work. These systems varied from the simplest type—an elevated tank or barrel connected with cistern and sink by a hand pump and a few feet of rubber hose—to the most modern type, running water throughout the house. Two hundred and forty-five septic tanks were installed. A few communities in Wyoming and Oregon have undertaken the installation of community water systems. Sufficient attention and interest were given to this necessary improvement in rural homes to forecast greatly increased activity in it as soon as financial affairs become more nearly normal. A number of counties made a feature of special tours to study well-equipped farm homes. In several States, Iowa and New Mexico in the lead, planning new houses and remodeling old ones was included in the community programs of work. As a result of this activity 86 new homes were planned and 338 were remodeled. About 200 were redecorated and furnished.

Extension workers report an apparent awakening among rural people to the lack of labor-saving equipment common in the aver-

age farm home. In consequence, some effort was made last year to lighten the work of the farm woman by the more general use of modern appliances. "Getting three meals a day," "cooking for extra hands," and canning vegetables and meats are problems in cooking which were seriously tackled last year by the local leaders and home demonstration agents and a solution sought in some of the new types of utensils. As a result 2,509 pressure cookers and steam cookers were bought for use in the farm homes; 1,661 fireless cookers were made and 310 were purchased. An attempt was made in several States to estimate the hours of labor saved the house-

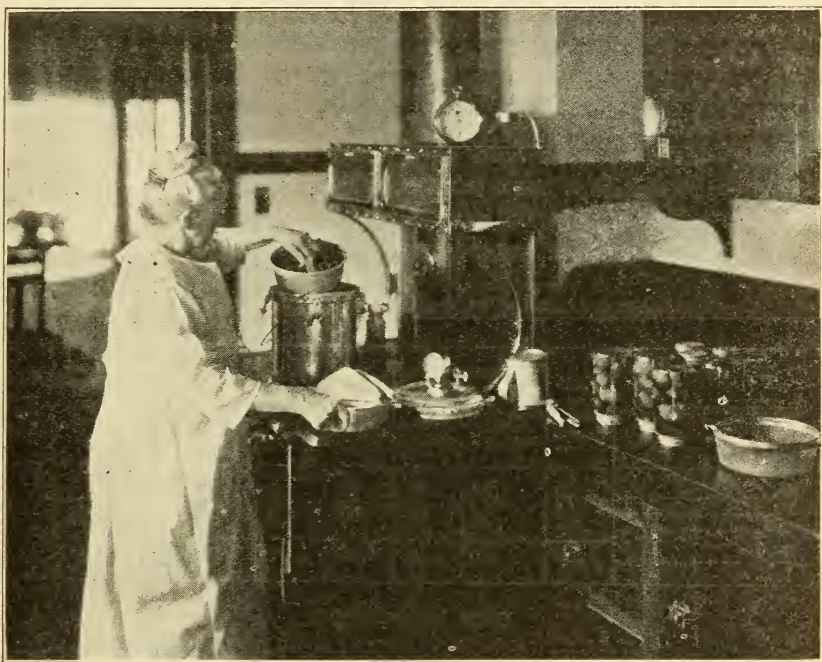


FIG. 4.—A real home demonstrator who puts into practice in her home principles taught by the home demonstration agent. Through this means pressure cookers were introduced into thousands of homes in 1920 to save time and cost of cooking.

wives by the use of more and better equipment. This saving is reported as 1,008,519 hours.

Keeping household accounts is growing in favor with the rural housekeeper. Not only has there been an increase in the number of communities which included this piece of work in the community programs but there has been a decided increase in the number of local women who are acting as home demonstrators, keeping home accounts regularly and systematically not only for their own benefit but to determine, if possible, a standard of household expenditures for the community and county. Utah, Massachusetts, and Washington report the greatest interest in this line of work. The general

plan in Massachusetts has been combining the keeping of accounts and the study of labor-saving equipment in the same demonstration in order to give instruction in the wise spending of money. The use of fireless cookers and other labor-saving devices has been stressed as a possible means of reducing the cost of food. Several States added community purchasing of household supplies and textiles to the home-management project, and report some interesting and practical experiences of the women in studying various types of equipment from the viewpoint of the particular conditions and needs of their communities. Following the study the housewives combined their orders and bought their supplies through local dealers who had cooperated with them. Another phase of home-management work was keeping an account of the amount and cost of food produced on the farm and used by the family. One report shows that 58 per cent of the year's food supply had been produced at home. Practical tests of household equipment made by housekeepers in their own homes have stimulated interest in this line of work. The extent to which household conveniences have been introduced as a result of this work is indicated in the following table:

Conveniences introduced as a result of home management work.

Section of country.	Washing machines.	Fireless cookers.		Pressure or steam cookers.	Driers.	Power machines.	Other conveniences.	Water systems.	Kitchens rearranged.
		Commercial.	Home-made.						
Eastern.....	232	124	1, 004	515	23	163	537	42	124
Central.....	943	122	393	1, 328	43	741	1, 453	361	380
Western.....	145	64	264	666	575	105	976	115	124
Total.....	1, 320	310	1, 661	2, 509	641	1, 009	2, 966	521	628

FOOD PRODUCTION.

Poultry has been the major project in food production. Gardening, cheese making, bee raising, and small fruits have been projects in a few States. The home flock has been outstanding throughout the country. Some phase of this work has been carried on in 24 States and has been one of the projects whereby local leadership has functioned most fully and satisfactorily in the communities. Because of tangible results quickly obtained and their economic importance, the work has made an appeal to men and women and frequently has been a definite means of convincing county commissioners of the worth of home demonstration work at a time when they could not see its ethical value.

In the majority of States poultry work has been handled largely as a home project by the home demonstration agents. The financial estimate of the poultry work done during 1920 was \$1,665,067.

While the reports of 1919 showed culling as the outstanding feature of poultry work, the scope last year included many records of the building of better houses, discarding poor flocks and securing better stock, improving feeding, keeping poultry records, breeding circles, and cooperative selling of eggs. One State reports culled hens being sold in carload lots to commercial poultry men and cooperative selling of eggs is also reported. Several poultry associations have been formed. The program of work for 1921 in most of the States contains many long-time improvement poultry projects.

Butter making is reported by six States. Three States record selling butter, but the majority of the agents report that the amount sold was a surplus above a greatly increased home consumption of this necessary food. Butter making has been carried on most extensively in communities where creameries are not accessible. The knowledge resulting from spreading information on child welfare and child nutrition has brought to public attention the need of butter in the child's diet, and this undoubtedly accounts for the main interest underlying the increased amount of butter made.

Bee raising was reported by two States.

Small-fruit raising is reported as a definite project by one State.

Gardening has been a less important project. The basis of interest in this activity has been almost without exception the awakened realization of the need of a better balanced diet for the family, and gardening has been the means of supplying green vegetables during the productive and nonproductive months at a reasonable cost. The "garden-canning" project in Montana is significant of the attitude of the people throughout the country. In some individual places gardening has made spectacular appeal, as in Spokane, Wash., and in Butte, Mont., where special campaigns were carried on to excite interest.

Cheese making was carried on in 11 States, largely in the North and Southwest, although Illinois, Indiana, and Iowa also report some cheese making. Eleven States report making cottage cheese, New Mexico alone recording 15,650 pounds, and 10 States the making of cheddar cheese. Wyoming, with its immense spaces and sparse population, reporting 1,580 pounds. Although six States report selling cheese, the work has been carried on chiefly for the complete utilization of milk in the home and for the economy it represents in food cost. In Niobrara County, Wyo., over 1,000 pounds of cheddar cheese was made. One woman in the State traveled a distance of 70 miles to see a demonstration on cheese making. Returning to her community, she taught the process to several of her neighbors, with the result that a total of 900 pounds was made in that community.

FOOD PRESERVATION.

Although comparatively little help was given in the food preservation project by the home demonstration agents, a 100 per cent increase in amount of food preserved is reported by workers in the field. The women to whom information had been given in former years acted as demonstrators last year, and most States report that the preservation work has, to a great extent, been carried on by local leaders. In several States these local leaders were given a short training at the beginning of the season, following which they



FIG. 5.—A woman who has made good use of the information given by the home demonstration agent. Last season she canned 4,000 jars of fruit and vegetables for the market, doubling the output of the previous year, and prepared 700 glasses of jellies and jams. With the proceeds she built a canning kitchen for her work. In her opinion canning is much easier and more profitable than working out of doors. She is eager to help other women and her home has been a center of information.

carried on the instruction, follow-up, and securing of records without further assistance.

Meat canning was the outstanding development of this project during the year and included poultry, pork, beef, mutton, veal, fish, elk, deer, quail, wild duck, wild turkey, prairie chicken, guinea hens, rabbit, sausage and even prairie dog and ground hog. Instruction in the canning of poultry has been given whenever flocks have been culled and the canning of 46,733 quarts is reported. Community canning kitchens, which were closed following the armistice, are again in operation in 21 States. Canning in tin has developed

in several States, one county reporting the purchase of 3,000 cans and the necessary sealers. Cooperative buying of canning supplies has also increased. The use of pressure cookers in canning meats has introduced this convenience into many homes not only for canning, but for all cooking purposes. Large pressure cookers also have been bought in several localities as an article for general community use.

Drying as a method of food preservation was brought forcibly to the attention of the women last year by the scarcity and high price of sugar and also by the samples of evaporated products sent out by the Department of Agriculture as examples of standard of quality. These samples, distributed by the home demonstration agents, developed an unexpected enthusiasm among the women who immediately began to work toward the standard, the result being a large number of homemade driers and a high quality of home-dried products. Washington State is working on standardization, and exhibits of dried products were prepared for county and State fairs.

Brining was carried on as a minor project in 24 States. It is notable that conspicuously fewer records were made of pickled products.

Increased food preservation as a war-born activity is being carried on as a permanent practice in a vast number of American homes.

Results of this work are summarized in the following table:

Results of food-preservation work.

Section of country.	Pork, smoked or pickled.	Poultry, beef, or pork, canned.	Fish and other meats.	Value of meats.	Lard.		Eggs preserved.	
					Amount.	Value.	Amount.	Value.
	<i>Pounds.</i>	<i>Quarts.</i>	<i>Pounds.</i>		<i>Pounds.</i>		<i>Dozen.</i>	
Eastern.....	78, 262	42, 231	22, 698	\$54, 045. 68	10, 169	\$2, 781. 60	55, 053	\$36, 765. 32
Central.....	267, 466	214, 061	99, 008	214, 368. 72	108, 709	23, 958. 75	340, 978	144, 394. 90
Western.....	317, 744	68, 419	41, 619	174, 554. 22	77, 783	22, 053. 75	64, 971	38, 651. 01
Total.....	663, 472	324, 711	163, 325	442, 968. 62	196, 661	51, 794. 10	461, 002	219, 811. 23

COMMUNITY ENTERPRISES.

Bringing rural people together to discuss a community program of work based on community needs has developed a community consciousness which has found expression in a quickened interest in civic beauty, sanitation, and social recreation, as well as in a realization that many problems common to the whole community may be solved through cooperative effort. Every State reports an awakening of the individual to the responsibility of the community. The chief activities developed during the past year have been a means of more adequately and satisfactorily solving such problems through group activities and have to a large extent grown from individual

needs. Community recreation, rest rooms, libraries, canning centers, reading circles, tours for inspecting home equipment, poultry, co-operative buying and selling, salvage shops, thrift kitchens, community sewing rooms, dental clinics, fireless-cooker "bees," day nurseries, and rest rooms at State and county fairs are all projects which were carried on so effectively last year that many more counties are including them in the 1921 program of work.

Projects for civic betterment have been outstanding during the year. Clean-up campaigns, back-yard and alley beautification, municipal lighting systems, parks, playgrounds, game equipment for school children, establishing a community church in a village where

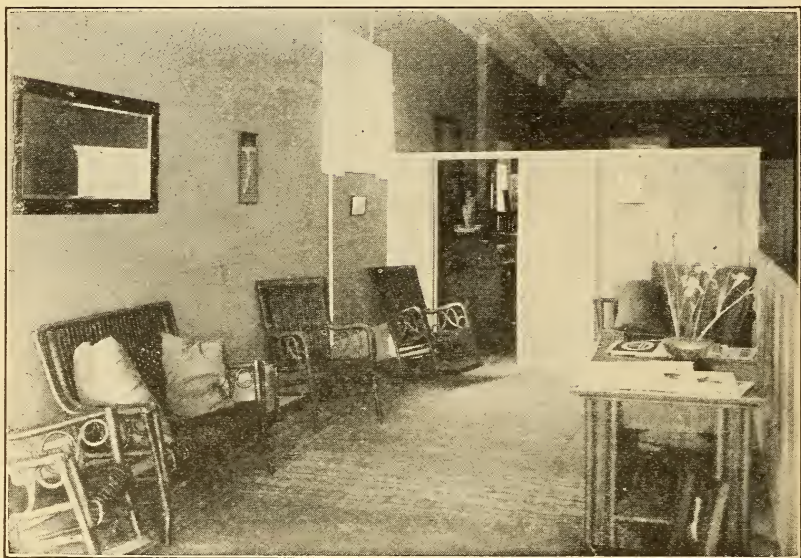


FIG. 6.—A community rest room.

sufficient support for a pastor of any denomination had not been available for 25 years, rural Sunday schools, a skating pond, community laundries, nutrition centers, poultry and bee schools, civics, laundry school, better school building and equipment, including pictures, flag, pianos, new shades for windows, hot school lunch supplies, and wells for rural schools have been reported from one or more States.

Several of the canning kitchens carried on during the war have been turned over to the people with a paid leader in charge, the home demonstration agent acting only in a general advisory capacity.

The hot school-lunch project is practically carrying itself. Many agents have confined their assistance to demonstrating methods at teachers' institutes, giving information regarding cost of equipment

and maintenance, and suggesting menus and record forms. In many States the school lunch was a definite part of the farm bureau program of work.

In several States various types of surveys of community needs and conditions have been made. Testing circles for trying out the value of household equipment illustrate another interesting phase of a community working together.

Cooperative buying has developed to such an extent as to deserve special mention. Reports for 1919 included cooperative buying of canning equipment, fireless-cooker supplies, and other small articles. The records for 1920 show a wide variety of material purchased on the cooperative plan, including pressure cookers, tin cans for canning, sealing outfits, dyes, flour, gingham, cocoa, pineapples for canning, muslin, dress patterns, jar rubbers, steam cookers, coffee, tea, towelings, material for dress forms, material for fireless cookers, and laundry supplies. Wherever community buying has been an activity, consideration has been given to the local merchant, several States reporting that the work has resulted in the local merchants carrying a better quality of stock.

Appreciation of the need for community recreation has also been aroused and has been expressed in the establishing of 50 recreation centers. This phase of work was carried on in 1919 as a definite project in a few States, particular stress being given to it in Montana and New York. So effective and far-reaching were the results that many more States included it in the programs for 1920, and communities in every State are now being brought together for constructive work through definite plans for play, old and young taking part in songs and games.

The responsibility assumed by the local people in these varied projects has without doubt been the underlying factor in the establishment of this large number of community enterprises and for the broad-gauge community-betterment type of work that has been done.

SPECIALISTS' PART IN THE PROGRAM OF WORK.

In reviewing the progress of home demonstration work during the past year, attention should be directed to the share the home economics and other specialists have had in guiding and shaping the work of the home demonstration agents and in carrying on work in counties without home demonstration agents, thus preparing the way for the employment of a resident agent. The specialists are the subject-matter leaders for the State in matters relating to their respective lines of work. In the case of home demonstration work it is their duty to study home conditions, to know the main problems confronting the home maker, and to select from the store of subject

matter the most helpful points, and to present them in such simple and convincing shape that they can be put into immediate practice in the home and their beneficial results measured. In many instances local leaders have been trained to pass on portions of the instruction to groups in their own localities.

It is, therefore, not surprising that in the States where specialist guidance has been available home demonstration work has gone forward with a steadiness and a sense of security that has been absent in States where each agent has had to work out for herself problems along a number of different subject-matter lines.

There are now 72 subject-matter specialists in the various branches of home economics employed in 23 States. Of these, 24 are guiding work in clothing; 19 full time and 1 part time are engaged in the various phases of nutrition, such as food selection for the family, child feeding, school lunch, and the utilization of milk and its products; 4, who are graduate nurses, are helping the agents to interpret sanitation and hygiene in terms of better living and to show mothers how to care for themselves and their children; 9 are vitalizing the work of home equipment, home accounts, and household management in general; 1 is leading work in recreation; 2 are women poultry specialists (poultry work playing an important part in the economics of the rural home); and others are State-wide workers, guiding more than one project.

The home-economics specialists have worked primarily with the home demonstration agents, training them in subject matter and field methods, through State and district conferences, field visits, demonstration classes, and correspondence. They have also been active in training groups of local leaders, outlying the requirements of demonstrations carried on by women in their homes, devising forms for measuring results of work, conferring with county project leaders and county project committees, and advising and helping with fairs and exhibits. The better developed the county organization and the more capable the agent, the more effectively has the assistance of the specialist been utilized. In a number of instances specialists have been used in home demonstration agent counties to assist in strengthening the organization. In such cases they have served as a means of demonstrating to key groups of women the scope of extension work for the home available through the organization. Specialists in clothing, millinery, and health have been used for this type of service.

Home-economics specialists are also being used in many States to pave the way for resident home demonstration agents. Such service tends more and more to be confined to a limited number of counties in each State and to a limited number of communities in each county. When the specialist does her work skillfully, she gives to selected lo-

calities in the county a demonstration of effectively organized extension work in a single project, and leaves a desire not only for more work of the kind she has done, but for the broader program she has shown to be possible under the guidance of a resident agent. She also leaves a nucleus of trained leaders who will stand behind the new agent when she arrives.

WORK WITH BOYS AND GIRLS.

In addition to their work with housewives, the home demonstration agents last year assisted in the organization of 1,065 boys' and girls' clubs, the greatest number being in the Middle West. The total membership was 14,072, and of this number 6,972 completed their club work for the year. The principal clubs under the supervision of the home demonstration agents were gardening, canning, poultry, sewing, and baking. Twenty agricultural clubs, such as potato, corn, and pig, were organized with the assistance of the home demonstration agents. Home demonstration agents trained 780 local leaders for club work, attended 886 conferences with local club leaders, and 654 conferences with groups of people especially interested in the activities of boys and girls. Two hundred and eighty demonstration teams were trained by the home demonstration agents.

A noticeable effort was made last year to correlate the work of the young people of the community with that of the men and women. There are many instances of rural women acting as local leaders of the work of the children, and it was not uncommon to find the children carrying on demonstrations to prove certain principles in agriculture and home making for the benefit of their seniors.

An encouraging sign of progress in extension work was the plan followed in a number of States to have everyone in a community taking part in the program of work, thus cementing the interests of all the people.

URBAN WORK.

Home demonstration work was conducted in 14 cities in cooperation with the State agricultural colleges and various city organizations. The cities in which agents were employed through the year were Kansas City and St. Louis, Mo., both discontinued at the end of 1920; Paterson, N. J.; Holyoke, Quincy, and Fitchburg, Mass.; Salt Lake City, Utah; Spokane, Wash.; Council Bluffs and Fort Dodge, Iowa; Minneapolis, St. Paul, and Duluth, Minn.; and Granite City, Madison, and Venice, in Madison County, Ill., one home demonstration agent serving all three through the home bureau. In Massachusetts the organization for urban work was within the county farm bureaus, and the program of work and the supervision of it were along the same lines as in the rural communities. Home demon-

stration agents were employed especially for the cities. Two cities in New York State, Buffalo and Syracuse, have active home bureaus well supported by city funds, which employ demonstration agents. The State agricultural college makes no monetary appropriation for urban work but supervises and gives assistance in presenting subject matter. In Minnesota, Iowa, and Illinois home demonstration agents are supported by funds from local organizations and by State funds administered through the agricultural colleges. State leaders and specialists in these States give the same assistance to urban agents as is given to home demonstration agents in counties. The main lines of work carried on last year included nutrition, special emphasis being given to child feeding and to work with undernourished children; the latter was in cooperation with school authorities. Food preservation was undertaken to a limited extent through canning centers. Work in household accounts was popular in a few cities and was conducted with the cooperation of local banks. As a phase of the home management project, practical household equipment was exhibited in store windows, at group meetings, and in portable exhibits to be carried from one community group to another. In clothing the emphasis was placed on the selection of fabrics and the making of dress forms. Throughout the year all lines of work in the Middle West cities, with the exception of the cities in Illinois, were carried on through existing organizations, but some progress has been made toward organizing home bureaus on plans similar to the county farm bureaus.

The urban agent is proving of service to women in the cities in all lines of home economics, giving assistance through instruction at centers, also through personal and telephone calls. As a result of the efforts of the urban agent last year, Minneapolis schools have employed a nutrition specialist to carry on work with undernourished children, with headquarters at the city home center.

In Spokane, Wash., school children have become so enthusiastic over gardening that this activity is likely to become permanent. The work in Buffalo and Syracuse, N. Y., has proved so valuable that the city of Rochester has appropriated funds for a home demonstration agent in 1921, and the budgets for the work in the former cities have been increased.

In Salt Lake City two home demonstration agents functioned through the Women's Civic Center Association and were supported by funds allowed by the city commissioners and by State funds administered by the agricultural college. The home demonstration agent in Spokane is largely financed by the city chamber of commerce and receives the same assistance from college specialists as is given to agents in the counties.

OUTLOOK.

A forward look into 1921 from every State carries a pronounced message of confidence of greater progress to be made. Summarized opinions from all States show that 1918 was a year of emergency activities, 1919 a year of transition, 1920 a year of building for permanent work, and that 1921 should have a record of a well-built extension structure showing definite progress in community analysis for a program of work, a greater number of communities and counties organized, fewer projects on the program, more definite results of accomplishments, a greater number of local leaders, more men and women assuming responsibility for the strengthening of the extension organization, and an increase in the number of communities working on projects of common interest, such as community recreation, community centers, municipal sanitation, better school buildings, surroundings, and equipment, community sewing rooms, and tours for observing satisfactory home equipment and its arrangement.

The consciousness of community needs will necessarily grow more slowly than the consciousness of home or farm problems, but there has been sufficient development during 1920 to anticipate in 1921 a greater solution of rural problems through united efforts.

Rural people are now alive to the possibilities of extension work, and the amount accomplished during 1920, although of great value, is only the beginning of greater possibilities; well-defined plans for continuing many of the important pieces of work have been made and fewer projects and more concentrated efforts for securing results are being planned in all States.

Where community organization has not yet been realized, extension workers report, "We are trying to win our way to organization through individual contacts until groups or individuals realize the value of concerted effort."

Local people have been directly benefited by the results of farm and home demonstrations undertaken by their neighbors, or by others in more distant parts of the county, and in return are willing to become demonstrators and contribute data from their experiences. This enthusiasm is inspiring them to accept full responsibility for increasing the membership of the county organization.

Project leaders are sensing the real joy of leading in a piece of work which makes constructive contribution to the men, women, and children of the community. People are now unwilling to be merely listeners to talks and demonstrations: instead, groups are actually studying and putting into practice principles of human nutrition, clothing selection in its relation to health as well as its

durability, beauty, and construction; and the various phases of home management.

There is unquestionably an increased interest among local people in home demonstration work. It has been manifested in increased local appropriations for better office equipment, travel facilities, and larger appropriation for salaries. The present general policy of retrenchment in Government bodies may result in temporarily marking time, but with the coming of normal financial conditions it is confidently expected that there will be a sustained and rapid advance in the work until every rural county has the services of a home demonstration agent.

On the whole, the outlook is exceedingly encouraging, particularly in the growing interest of the local people who are passing on desirable practices with the aim of raising the standard of rural homes from Maine to California.



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